



## Etiologies of hyper menorrhea (The view points of Traditional Iranian Medicine)

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### Abstract:

Menstruation associated problems effect the health of women. Recent studies in Iran report 3.5-22.9% abnormal uterine bleeding. Hormone therapy, the most important classical medicine treatments, has the unpleasant side effects. Achieving effective treatment requires a fresh look at the causes of menometrorrhagia. One of the Schools with a potential solution is Iranian Traditional Medicine which is shown to be promising in the diagnosis and the treatment of diseases. Aim of this study analyzing the causes of hyper menorrhea in Iranian Traditional Medicine resources. In this study, a retrospective review - analytical, we collected etiology of hyper menorrhea in Iranian Traditional Medicine resources related to different centuries. In Iranian Traditional Medicine, excessive uterine bleeding, called “Efrat-e Tams” is divided into two main categories: complication and disease. The disease category also is divided into two subgroups: uterus etiologies and bloody etiologies, with several subgroups in each. Overview of the etiology and the traditional medicine management protocol of Efrat-e Tams can bring new perspectives in the diagnosis of uterine causes of excessive bleeding and provides opportunity for novel therapeutic strategies.

**Keywords:** Etiologies, Efrat-e Tams, Iranian Traditional Medicine, menses, menometrorrhagia, hyper menorrhea

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